



Health in Idaho: A State Profile

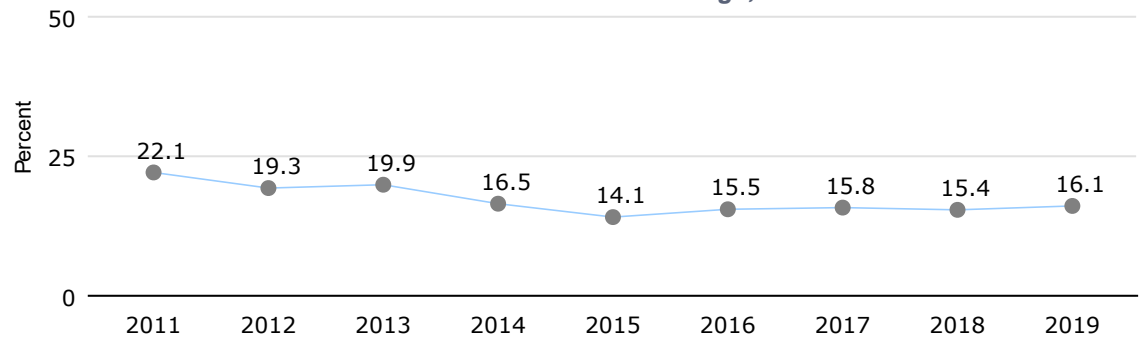
2019

State of Idaho - Department of Health and Welfare - Division of Public Health

Healthcare Access

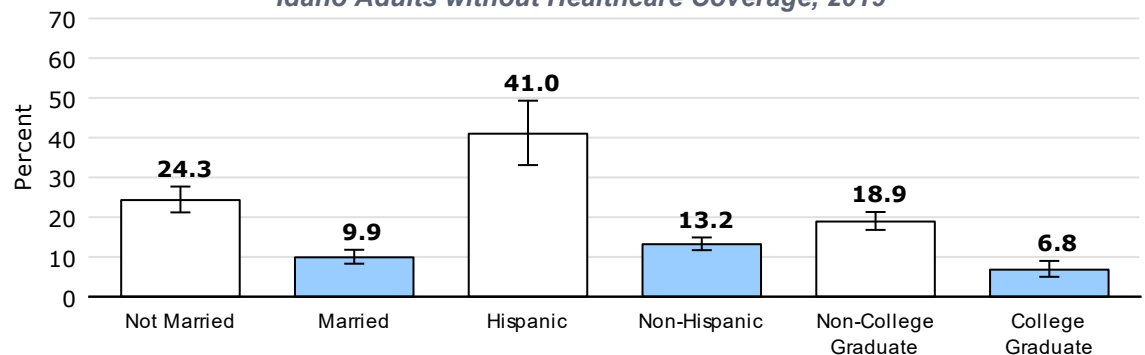
In 2019, 16.1% of Idaho adults did not have any healthcare coverage. Since 2011, the number of Idaho adults without healthcare coverage has decreased significantly.

Idaho Adults without Healthcare Coverage, 2011 to 2019



Not having healthcare coverage was associated with marital status,* Hispanic ethnicity, and education.

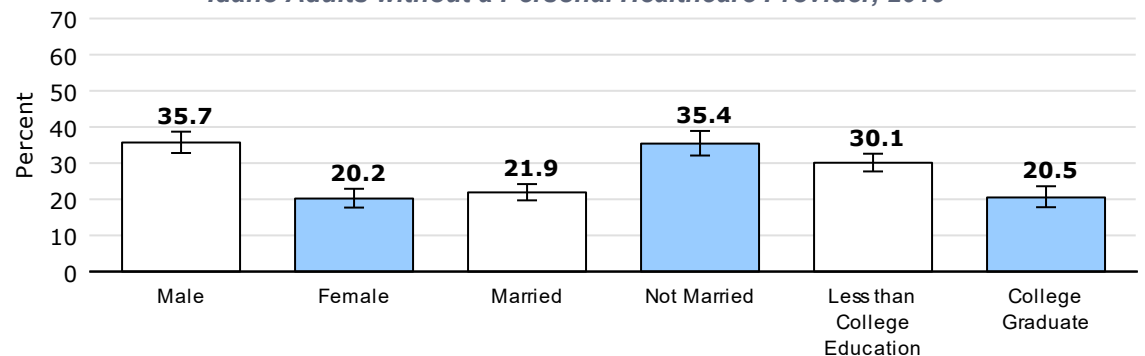
Idaho Adults without Healthcare Coverage, 2019



In 2019, 27.9% of adults did not have a personal healthcare provider.

Not having a personal healthcare provider was associated with sex, marital status,* and education.

Idaho Adults without a Personal Healthcare Provider, 2019



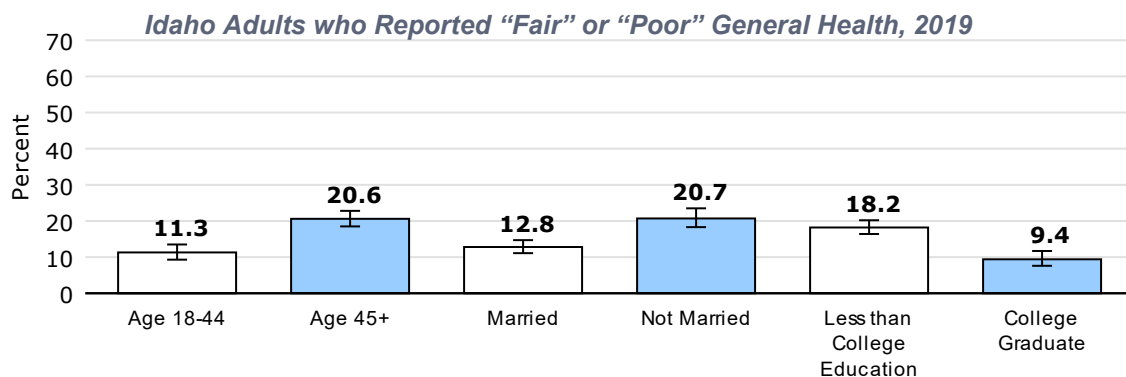
* "Not married" group includes adults who are divorced, widowed, separated, never married, or part of an unmarried couple.

Health Status

In 2019, 16.0% of adults reported having “fair” or “poor” health.

“Fair” or “poor” health was associated with age, marital status, and education.

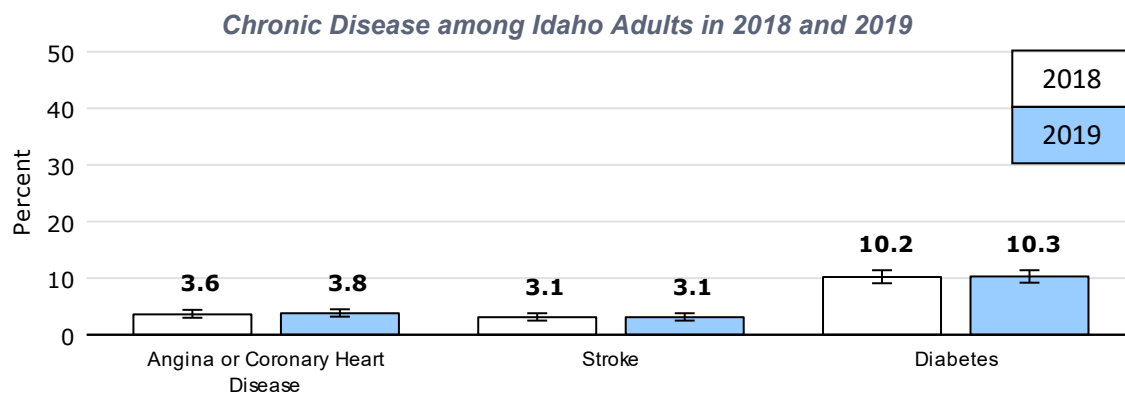
Fair/Poor Health



Chronic Disease

The prevalence of coronary heart disease, diabetes, and stroke were statistically similar between years 2018 and 2019.

Angina or Coronary Heart Disease



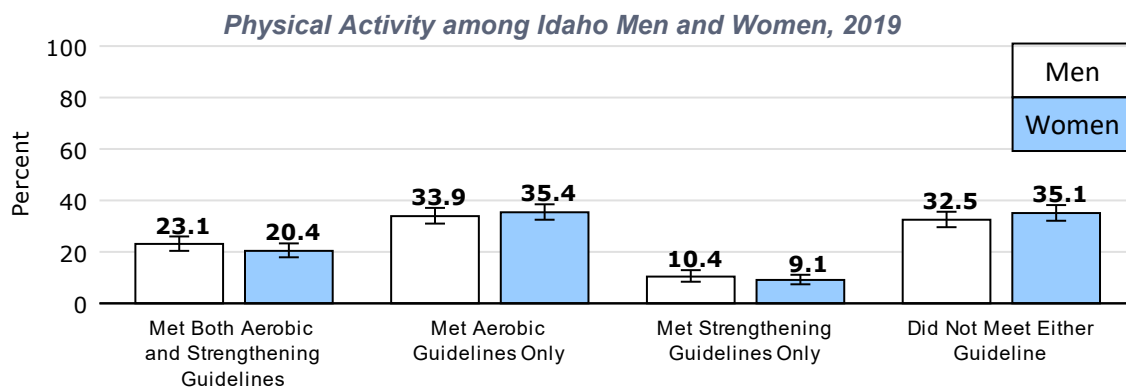
Stroke

Diabetes

Health Risk Behaviors

Men and women were equally likely to meet both aerobic and strengthening physical activity guidelines.

Physical Activity

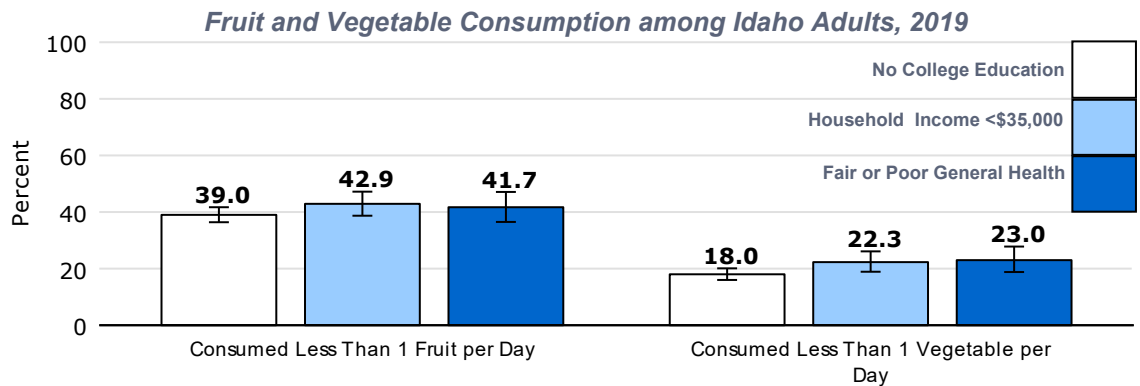


Health Risk Behaviors

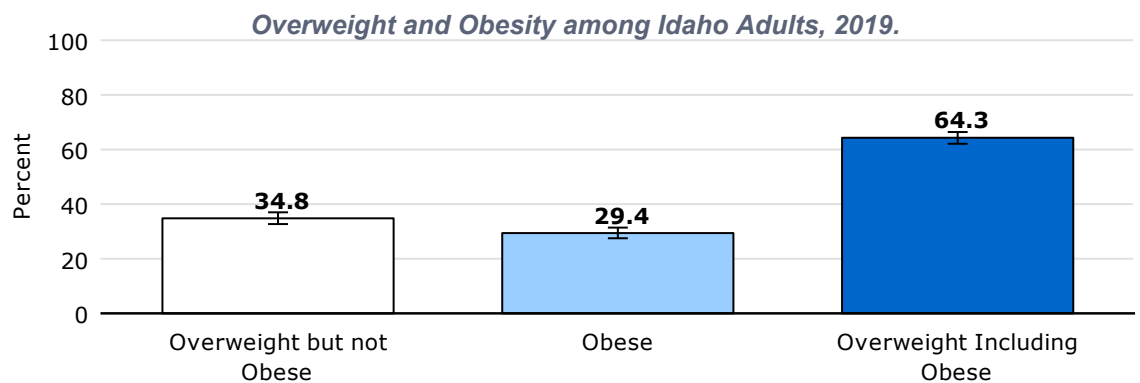
Fruit and Vegetable Consumption

In 2019, 36.8% of adults ate less than one fruit per day and 16.6% ate less than one vegetable per day.

Both fruit and vegetable consumption were associated with lower levels of education and household income. Vegetable consumption was associated with fair or poor general health.

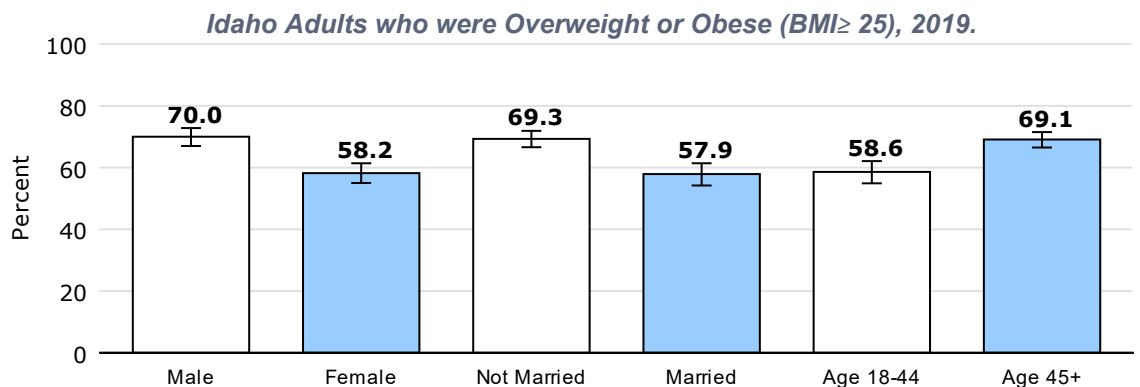


In 2019, 34.8% of Idaho adults were overweight, and more than 1 in every 4 Idaho adults was obese.



Overweight and Obesity

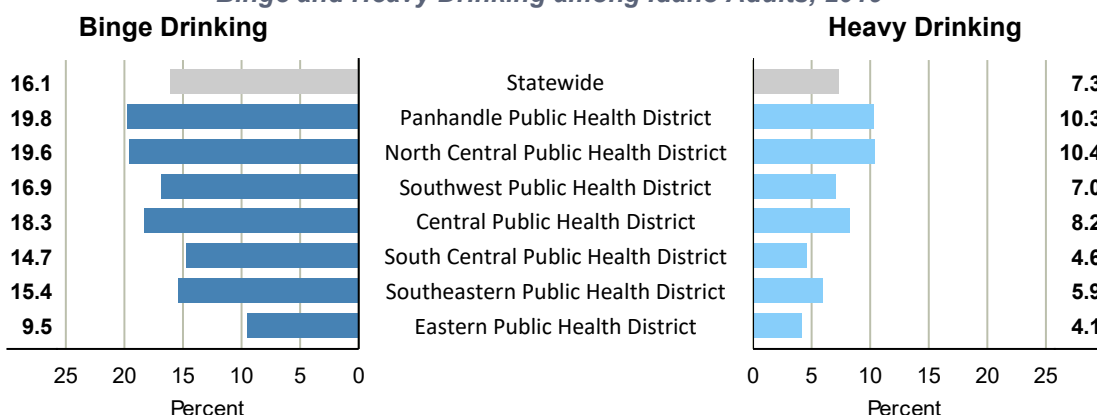
Overweight and obesity (BMI ≥ 25) were associated with gender, marital status, and age.



Health Risk Behaviors

In 2019, rates of binge and heavy drinking¹ in the Eastern Idaho Public Health District were significantly lower than the statewide prevalence.

Binge and Heavy Drinking among Idaho Adults, 2019



Alcohol Use

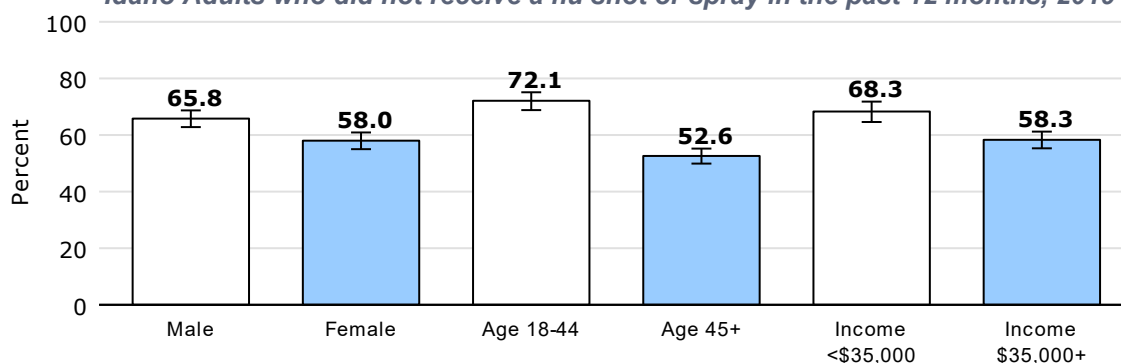
Preventive Behaviors

¹Binge drinking is defined as 5+ drinks per occasion for men, or 4+ drinks per occasion for women, in the past 30 days. Heavy drinking is defined as 15+ drinks per week for men, and 8+ drinks per week for women, in the past 30 days.

61.8% of Idaho adults had not received a flu vaccine in the past 12 months.

Not receiving a flu vaccine was associated with sex, age, and income.

Idaho Adults who did not receive a flu shot or spray in the past 12 months, 2019

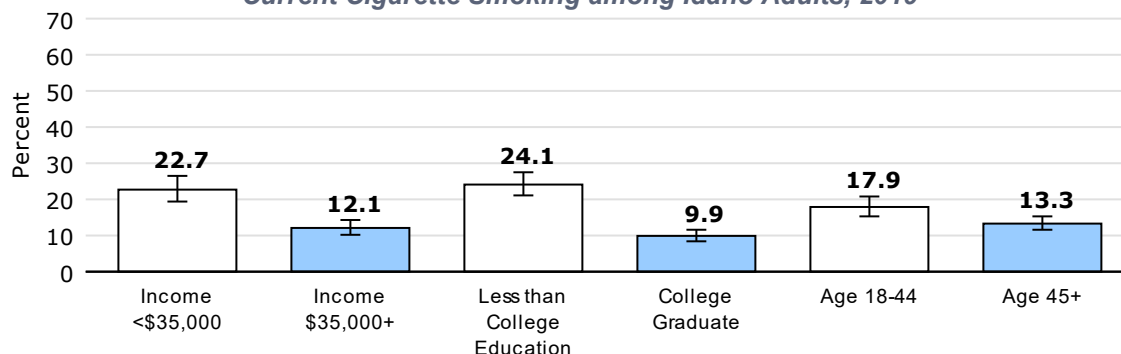


Flu Vaccine

15.8% of Idaho adults were current smokers.

Cigarette smoking was associated with income, education, and age.

Current Cigarette Smoking among Idaho Adults, 2019



Smoking



Costs associated with this publication are available from the Idaho Department of Health and Welfare



IDAHO DEPARTMENT OF HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH